

Bridging Counseling and Wellness: Integrative Mental Health Solutions

A 3-Day Continuing Education Workshop Hosted by The Kid's Therapy Center: Kids Therapy Training Institute

October 16th – 18th, 2025

Bismarck, ND

Thursday, October 16th

8:00AM – 8:30AM:

Doors Open

8:30 AM – 9:00 AM:

Welcome & Introduction – Meet your hosts.

- *Valerie Meyers-Bitz – Our story; from a clinic that specialized in trauma to a clinic that integrates wellness and hope.*

9:00 AM – 9:30 AM:

The Body & Mental Health – Review of physiological indicators (digestion, blood sugar, immune response) that may manifest as mood or behavioral symptoms.

- *What is integrative mental health -Brain and Body connection.*
- *Terms that you may hear: Detoxing, Methylation, Homocysteine, and Histamine.*

9:30 AM – 10:00 AM:

Rethinking Symptoms – The Body's Clues – Beyond behaviors: exploring trauma, environment, genetics, toxins; practice asking lifestyle-based questions.

- *Stress Meter: What is beneath the behaviors?*
- *Relooking at patient symptoms and listening for clues.*
- *What factors are interconnected: environmental, trauma, genetics, toxins, etc.*
- *Looking for red flags or overflow: blood sugar, sleep, hormones, negative/stuck/racing thoughts, etc.*
- *How lifestyles can shape symptoms.*

10:00 AM -10:15 AM:

Morning Break

10:15 AM: Story

10:30 AM – 11:15 AM:

The Gut–Brain Connection

- *Neurotransmitters and the digestive tract.*
- *Microbiome and implications for psychoeducation.*

11:15 AM – 12:00 PM:

Genetics & Epigenetics– From 'it runs in the family' to hope through change.

- *How to be mindful of genetics and how can lifestyle choices influence gene expression.*
- *Gene Variations and how this influences practice: MTHFR, COMT, MTRR, DAO, etc.*
- *Detoxification of pathways.*

12:00 PM – 1:00 PM:

Lunch (on your own; pre-order options available)

1:00 PM – 2:00 PM:

Movement & Mood

- *Regulating the nervous system through physical activity.*
- *Somatic practices, trauma-informed yoga, and exercise for mental health.*
- *Improving individual focus and regulating neurotransmitters.*

2:00 PM – 3:00 PM:

Hormones & Mental Health

- *Review of hormonal influences across the lifespan and their effect on mood, life stage changes, and testing.*

3:00 PM – 3:15 PM:

Afternoon Break

3:15 PM – 4:00 PM:

Interdisciplinary Panel

- *Perspectives from multiple providers; emphasis on collaboration and scope of practice.*

4:00 PM – 4:30 PM:

Reflection & Q&A – Group discussion and application strategies.

6:30 PM – 8:30 PM:

Optional Evening Session - Genetics: A Deeper Look with Dr. Dwight

- *Live Case Study: Walking through actual genetic profiles and learning to spot patterns.*
- *Deep Dives: Uncover connection's hidden gene-by-gene and how they relate to symptoms.*
- *Implementation: How to create actionable steps and strategies for clients.*
- *Helping clients understand their genetics and learning ways to summarize inform for them about their genetic report without overwhelming them.*

Friday, October 17th

8:00AM – 8:30AM:

Doors Open

8:30 AM – 9:00 AM:

Registration & Welcome Back- Real World Discussion

9:00 AM – 9:30 AM:

Nutrition Basics

- *Introduction to nutritional concepts relevant to mental health -low glycemic eating and blood sugar balance.*
- *Nutrient density, reading labels, and building 'Good, Better, Best'.*

9:30 AM – 10:30 AM:

Nutrition for Emotional Balance

- *Foods that fuel vs. foods that inflame the brain.*
- *Treatment goals and therapeutic diets*

10:30 AM -10:45 AM:

Morning Break

10:45 AM – 12:00 PM:

Advanced Strategies & Testing

- *Overview of food sensitivity, OATs, and genetic testing.*
- *General Labs: homocysteine, thyroid, cholesterol, and vitamin D*

12:00 PM – 1:00 PM:

Lunch (on your own; pre-order options available)

1:00 PM – 2:30 PM:

Vitamins, Minerals and Herbs for Mental Wellness

- *B-vitamins, Magnesium, Omega-3s, Probiotics, Curcumin and more.*

2:30 PM – 2:45 PM:

Afternoon Break

2:45 PM – 3:45 PM:

Legal & Ethical Considerations

- *Saying within scope and ensuring ethical practice is followed.*
- *Legal and ethical disclaimers.*
- *How to discuss supplements legally and ethically.*

3:45 PM- 4:00 PM:

Restructuring the Process

- *Integrating lifestyle questions into intake, developing handouts, creating referral processes, and creating hope for all patients.*

4:00 PM – 4:30 PM:

Final Reflections & Action Steps, CEU distribution.

6:30 PM – 8:30 PM:

Optional Evening Session – Business Development for Integrative Practices.

- *Building your team of referrals*
- *Marketing holistic practices*
- *How to incorporate informed consent, FDA disclaimers, and disclosures into the clinical setting when discussing education on supplements/wellness.*
- *Wellness workflow: Starting at intake, treatment planning, and follow-up.*

Saturday, October 18th

11:00AM – 11:30AM:

Doors Open

11:00AM – 11:30AM:

Welcome and Introductions

11:30AM – 12:30 PM:

Becoming the Symptom Detective

- *Learn how to spot patterns, connect the dots, and create next steps for lasting mental wellness.*
- *Mental health symptoms often tell a bigger story. Explore how to recognize key patterns like:*
 - *Low mood or low energy– may point to nutrient gaps, gut-brain concerns, or neurotransmitter imbalances.*

12:30 PM – 1:30 PM:

Lunch (on your own; pre-order options available)

1:30 PM – 2:30 PM:

The Mind in Overdrive

- *Racing thoughts, worry, or perfectionism – can be linked to stress, food sensitivities, or genetic tendencies.*
- *Attention and focus struggles – sometimes tied to blood sugar, sleep, or dopamine pathways.*

2:30 PM – 2:45 PM:

Afternoon Break

2:45 PM – 3:45 PM:

The Stuck Mind

- *Stuck in emotions to stuck in irrational thoughts. Laying our neurotransmitter, epigenetic, and lifestyle adjustments to allow for healthy thinking.*

3:45 PM- 4:00 PM:

The Energy Equation

- *High energy and impulsivity – often related to diet, environment, or unmet movement needs.*

4:00 PM – 4:30 PM:

Final Reflections & Action Steps